



CELL GUIDE 2015

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| Theme | Beyond Our Comfort Zone |
| Topic | Beyond Our Comfort Zone |
| Speaker | DSP Chua Seng Lee |
| Date | 30 th and 31 st January 2016 |

Message Summary

Getting Out of Our Comfort Zone

As humans, we often find ourselves returning to our comfort zone, to our natural way of behaviour. Being in our own comfort zone is not necessarily bad- The problem arises only when we overstay, because we are not designed to remain in these comfort zones. While at times we may know that overstaying in these particular areas of our lives are not ideal, we find it difficult to change our routine. Today, God is calling us to arise and get out of our comfort zone.

See the limits that our comfort zone places on us

To realise how we can get out of our comfort zone, we must first understand what our comfort zone is, and the limits that it places on us.

Our comfort zone is a situation where our activities and behaviours fit in routines and patterns that minimise stress and risk. It provides us with a sense of familiarity, security and certainty. Naturally, we are drawn to settling within our comfort zone, as it is unthreatening and predictable. However, it also carries some dangers that we may not be aware of.

- (1) It limits growth: Staying in our comfort zone makes us resistant to new ideas. This in turn causes our learning and growth to stagnate.
- (2) It drives us to hardship: As with any addiction, refusing to step out of our comfort zone can set us on a downward spiral.
- (3) It leads to boredom and discontentment: In time, we end up becoming bored and discontented with what we have.
- (4) It triggers a negative mindset: We may also develop negative emotions and become full of dissatisfaction.
- (5) It causes a lack of drive and purpose: Those who remain in their comfort zones often think that they have arrived at their "destination", instead of seeking to improve.
- (6) It leads to missed opportunities: We may not achieve success/freshness in our lives.
- (7) It limits our chance to live life to the fullest: We may not get to experience the abundant life God has in mind for us.

If we wish to experience new breakthroughs in our lives, we have to get out of our comfort zones. The speaker drew an example of a seed that chooses to remain in its shell, never to bear fruit; this same seed will be useless to the farmer, as with the relationship between us and God,



CELL GUIDE 2015

if we choose to stay in our comfort zone. Our comfort zone only serves to limit our best selves. We must be determined to leave our comfort zone today.

Seize the launch of the Blessing Campaign

As part of our church's 30th anniversary, the Blessing Campaign was kickstarted and scheduled to run from 30th Jan to 6th March 2016. It encourages us to go beyond our comfort zone and be a blessing to somebody, revealing Jesus to him or her in the process. Our goal is to complete 30,000 acts of blessings by the end of this period. It serves as a common focus and shared experience for all of us. Through the campaign and our various acts of blessings, we can also encourage our fellow brothers and sisters in Christ.

God has something planned for BBTC; let us arise and praise Him through our actions! Start now by blessing someone today! (Many activities have been planned for the weeks ahead, please pick up a campaign booklet from your cell group leaders)

Serve the Lord who wants us to grow up

When Jesus took on the cross, He did it for the glory of the Father. He stepped out of His comfort zone, took on the likeness of man, and assumed the role of a bond-servant so He may save us. Our Heavenly Father wants us to learn and grow up. Growth can only take place if we are willing to move out of our comfort zone. This involves taking risk, which we can only do if we put our faith in Him. Growth is not for self-actualization, but for His glory. Let us also move out of our comfort zone to seek opportunities to glorify and honour Him.



CELL GUIDE 2015

Questions

Why is it important to step out of our comfort zone?

(Fill In Answer Here)

In which areas of your life do you have a “comfort zone” which you find difficult to move out of and why?

(Fill In Answer Here)

Are there some acts of blessing you would like to commit to carrying out during the Blessing Campaign?
Consider some people in your lives you would like to bless this season.

(Fill In Answer Here)